

Student Name: \_\_\_\_\_

Student Number: \_\_\_\_\_

This guide is for **planning purposes** only. Check [myCapU Schedule](#) for current course schedule and [pre-requisites](#). Always check the [University calendar](#) for complete program requirements.

Program requirements				
Course	Course Title	Credits	Grade	Term
ENGL 100	University Writing Strategies	3.00		
HKIN 103	Active Health	3.00		
HKIN 116	Performance Analysis of Selected Individual Sports and Activities I	3.00		
HKIN 190	Anatomy and Physiology I	3.00		
HKIN 117	Performance Analysis of Selected Individual Sports and Activities II	3.00		
HKIN 151	Biomechanics I	3.00		
HKIN 161	Leisure and Sport in Society	3.00		
HKIN 191	Anatomy and Physiology II	3.00		
HKIN 216	Performance Analysis of Selected Team Sports/Activities I	3.00		
HKIN 230	Human Motor Behaviour I	3.00		
HKIN 275	Exercise Physiology	3.00		
HKIN 217	Performance Analysis of Selected Team Sports/Activities II	3.00		
HKIN 231	Mental Theories in Sport and Exercise	3.00		
HKIN 261	Health, Policy and Society	3.00		
HKIN 284	Human Growth and Development	3.00		
	<i>Choose 3.00 credits from the following list:</i> HKIN 112 Health and Human Nutrition <i>or</i> University Transferable Elective	3.00		
	<i>Choose 6.00 credits from the following list: <sup>1 see notes</sup></i> HKIN 241 Care and Prevention of Sports Injuries	3.00		
	HKIN 252 Contemporary Health Issues University Transferable 100 or 200-level Electives	3.00		
	<i>Choose 3.00 credits from the following list:</i> HKIN 205 Principles of Strength and Conditioning <i>or</i> University Transferable 100 or 200-level Electives	3.00		
	University Transferable Elective	3.00		
<b>Total Program Credits:</b>		60.00		

<sup>1</sup> Students may select up to 6.00 credits of University Transferrable courses. Please check the BC Transfer Guide for course transferability.

### Program Completion Checklist

In order to graduate, a student must [apply for graduation](#) online and meet the following criteria, as outlined in the University's [Graduation Policy](#).

<input type="checkbox"/> Yes	<input type="checkbox"/> No	Meet <b>Residency</b> Requirements: 50% of courses completed at CapU
<input type="checkbox"/> Yes	<input type="checkbox"/> No	A <i>minimum</i> <b>CGPA of 2.00</b> is required for graduation from all credentials
<input type="checkbox"/> Yes	<input type="checkbox"/> No	Complete program requirements within a <b>reasonable timeframe</b> : <ul style="list-style-type: none"><li>• 2-year program: all program requirements must be completed <i>within 5 years</i></li></ul>

#### Academic Advising:

Email: [advising@capilanou.ca](mailto:advising@capilanou.ca)

Phone: 604.984.4900

Visit: Birch 230

#### Notes:

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